

RESOLUTION RECORD
VILLAGE OF NEWBURGH HEIGHTS, OHIO
RESOLUTION: 23-06

Introduced by: Council Member Dorene Kray

**A RESOLUTION DECLARING THE MONTH OF FEBRUARY AS
“AMERICAN HEART MONTH,” AND ACKNOWLEDGING THE NEED
TO CONTINUE THE FIGHT AGAINST HEART DISEASE,
CARDIOVASCULAR DISEASE AND STROKE, AND DECLARING AN
EMERGENCY.**

WHEREAS Congress, by Joint Resolution approved December 30, 1963, as amended (36 U.S.C. 101), requested that the President issue an annual proclamation designating February as “American Heart Month.”

WHEREAS, The American Heart Association’ 2022 Update Fact Sheet relates that Heart Disease, Stroke and other Cardiovascular Diseases (CVD) are listed as the underlying cause of death, accounting for 874,613 deaths in the United States in 2019.

WHEREAS, the 1960s saw the advent of cardiac bypass surgery begun with Dr. René Favaloro of the Cleveland Clinic, in which angina, or chest pain, was treated by harvesting vessels from legs and arms to bypass the blockages on the heart muscle; and in 1967 Dr. Christiaan Barnard performed the first successful heart transplant in South Africa as per National-today.com .

WHEREAS, however, Heart Disease still remains the No. 1 cause of death in the United States, according to 2019 data. Further, approximately every 40 seconds, someone in the United States will have a myocardial infarction (heart attack).

WHEREAS, public officials and Newburgh Heights residents have experienced heart attacks, some dying and some recovering. Also, we have a 29 year heart transplant recipient serving on council,

WHEREAS, The age-adjusted US death rate attributable to cardiovascular disease (CVD), is 214.6 per 100,000. On average, someone dies of CVD every 36.1 seconds in the US. There are 2,396 deaths from CVD each day, based on 2019 data.

NOW THEREFORE BE IT RESOLVED BY THE COUNCIL OF THE VILLAGE OF NEWBURGH HEIGHTS, COUNTY OF CUYAHOGA AND STATE OF OHIO THAT:

Section 1. Council hereby declares the month of February as American Heart Month in the Village of Newburgh Heights.

Section 1. Council hereby encourages all people, and especially the residents of the Village of Newburgh Heights to do the following:

To become educated about our heart health.

- 1.) Know the risk factors. Risk factors for heart disease include smoking, physical inactivity, nutrition, overweight/obesity, high cholesterol, diabetes, high blood pressure, and knowing how to reduce these risk factors can help people lead healthier lives and diminish their risk for heart attacks or other cardiovascular diseases.
- 2.) Exercise more. Only approximately 1 in 4 (24.0%) US adults reported achieving adequate leisure time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2018 data. According to the American Heart Association's 2022 Heart Disease and Stroke Statistics Update Fact Sheet.
- 3.) Learn Heart Attack warning signs. Heart attack warning signs include the following:
 - a. **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
 - b. **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
 - c. **Shortness of breath.** This can occur with or without chest discomfort.
 - d. **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

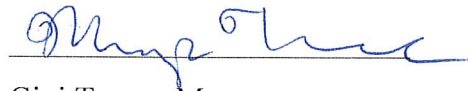
May be slow onset or sudden, women present differently than men. When in doubt, call 911.

Section 2. It is found and determined that all formal actions of this Council concerning and relating to the adoption of this Resolution were taken in open meetings of this Council, and that all deliberations of this Council were in meetings open to the public and in full compliance with

Section 3. This Ordinance is hereby declared to be an emergency measure necessary for the immediate preservation of the public peace, health and safety of the Village and for the further reason that the Village wishes to raise awareness of risk factors for heart disease, cardiovascular disease and stroke, and wishes to do so by declaring the month of February American Heart Month, whereby this resolution shall be in full force and effect from and immediately after its adoption.

Therefore, this Resolution shall take effect at the earliest time allowed by law.

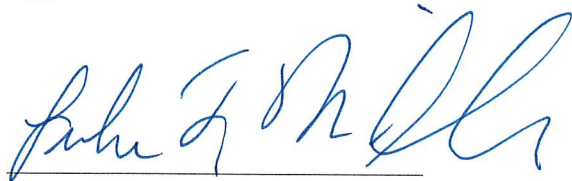
PASSED: February 7, 2023



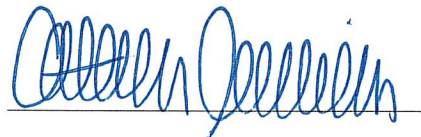
Gigi Traore, Mayor

Village of Newburgh Heights, Ohio

Approved as to Form



Solicitor



Cathleen Nagorski, Fiscal Officer

Village of Newburgh Heights, Ohio

1ST Reading: 2-7-2023

2ND Reading: 2-7-2023

3RD Reading: 2-7-2023